



HAVE
A
GREAT
SUMMER

www.flickr.com

Press Releases



Several 4-H stories have been highlighted on Clemson University's Media Relations page. We are so proud of all the hard work volunteers, agents, and 4-H'ers are doing across the state and country! Check out the latest 4-H news, here: <http://newsstand.clemson.edu/?s=4-H>

3

New 4-H Agents



South Carolina 4-H is growing with the addition of three new 4-H Agents since March 2016! Please, welcome our new agents to the South Carolina 4-H family.

4

Monthly Activity Idea



Email Ashley (taberp@clemson.edu) if you have an activity lesson you would like to share or pictures of previous lessons in action!

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Pickens County 4-H'er wins Youth Volunteer of the Year

Lace House, Governor's Mansion – Columbia, SC
September 25, 2015

By Janine Sutter, Pickens County 4-H Agent, & Ashley Burns, Assistant 4-H Director

Volunteering is not just for adults! South Carolina Governor's Volunteer Award in the category of Youth Individual was presented to Jordan Sutter of Pickens County 4-H in the fall of 2015. She was honored at the Lace House of the Governor's Mansion in Columbia, SC. Jordan was presented the award by Senator Thomas Alexander of Oconee County. South Carolina United Way and South Carolina Association of Volunteer Administrators sponsored the awards.

The Governor's Youth Individual Volunteer award is reserved for an individual age 19 or younger, who has excelled in service to an individual, organization, or the community, demonstrating and performing with commitment and initiative. The voluntary nature of the service is a critical factor. Jordan exemplifies these criteria with continuous and enthusiastic commitment to volunteerism. She participates in several community and youth organizations, including 4-H, Center for Community Services, and Girl Scouts. She is currently serving as the South Carolina 4-H Rabbit Ambassador, a member of Pickens County 4-H Teen Council, and recently earned her Girl Scout Gold Award with the construction of a Monarch Butterfly Waystation.



Jordan Sutter receives the South Carolina Governor's Volunteer Award. From right to left: Sen. Thomas (Oconee County Senator), Jordan Sutter (Pickens County 4-H member), Janine Sutter (Pickens County 4-H Agent), Mary King (WISTV News Anchor). Photo Credit: South Carolina Association of Volunteer Administrators.

South Carolina 4-H State Shotgun Match

NWTF Palmetto Shooting Complex – Edgefield, SC
May 28-30, 2016

By Rick Willey, 4-H Natural Resources Specialist, & Ashley Burns, Assistant 4-H Director

Over Memorial Day weekend, more than 125 youth descended upon the National Wild Turkey Federation's (NWTF) Palmetto Shooting Complex in Edgefield, SC to participate in the State 4-H Shotgun Match. Youth (grades 5-12) competed in up to 3 different shotgun disciplines: sporting clays, skeet, and trap. For each shotgun event and overall, awards were given to 1st-3rd place for both team and individual high overall shooter in junior and senior age divisions. In addition, ladies awards were presented to 1st-3rd place for both team and individual high overall shooter in junior and senior age divisions. Youth enjoyed good food, fellowship, trick-shooting demonstrations, and more at this year's event!!!

Several people were instrumental in making this event a success! A big thank you goes to: Rhett Simmons with NWTF and all of his staff and volunteer trappers at the Palmetto shooting complex (They did a tremendous job in keeping everything moving smoothly on a very busy Memorial day weekend.), the Clemson shotgun team members and student interns (for all of their help with trapping, scoring, and for keeping us straight throughout the weekend), and all the coaches and parents (for their hard work and time given to the youth in your program). Without you all, we have no program! For more information on how to get involved with a shooting sports program, contact your local 4-H Agent.



Youth participates in State 4-H Shotgun Match. Photo Credit: SC Shooting Sports Facebook page

4-H Olympic Games

Camp Long – Aiken, SC
March 4-6, 2016

The 2016 Senior Teen Weekend was held at Camp Long with the theme, "4-H Olympic Games". Senior 4-H'ers (grades 9-12) indulged in fun, hands-on activities that focused on Head, Heart, Health and Hands. Throughout the weekend, youth experienced competitive workshops on leadership, personal development, nutrition, fitness, and more! They got to eat s'mores around a bonfire, dance the night away, and run a 4K race for charity. Most of all they were able to fellowship with youth from across the state.



Clockwise from top left: 4-H members engaging in leadership activity, games, and 4K charity run for Special Olympics.
Photo Credit: Shannon Herndon, Bamberg/Barnwell Co. 4-H Agent



4-H Event challenges South Carolina youth to conquer STEM

Scott Miller, Public Service and Agriculture
April 26, 2016

ORANGEBURG — St. George Middle School student Brianna Smalls considered forfeiting when the robot she built and programmed with teammate Frank Rivers continuously crashed into an obstacle course wall...Click [HERE](#) for full article & video.



Video highlight of the South Carolina 4-H Engineering Challenge.
Image Credit: Scott Miller, PSA communications

Pickens, York county students win 4-H Wildlife Food Plot Project

Ashley Burns, South Carolina 4-H assistant director
April 7, 2016

CLEMSON — Nicholas Stalford of York County and Myles Hutton of Pickens County won the 2015-2106 South Carolina 4-H Wildlife Food Plot Project. For the project, 4-H members plant and grow food for wildlife...Click [HERE](#) for full article.



Florence County Cloverbud 4-H'er installs an enclosure cage in his wildlife food plot. Image Credit: Joel Tyner, 4-H Parent

2017 S.C. 4-H forestry team named during statewide forestry clinic

Jaime Pohlman, Forestry & Natural Resources Agent
April 14, 2016

GARNETT — Fourteen South Carolina 4-H'ers gathered for an extended weekend of forestry facts and fun at the South Carolina 4-H Clinic March 11-13 at S.C. Department of Natural Resource's Webb Wildlife Center....Click [HERE](#) for full article.



2016 South Carolina 4-H Forestry Clinic participants. Photo Credit: Jaime Pohlman, McCormick County FNR Extension Agent

S.C. 4-H visits state capital, plans for growth

Scott Miller, Public Service and Agriculture
March 29, 2016

COLUMBIA — Martha Newton tearfully referred to herself as a once-shy child from South Carolina's "Corridor of shame"...Click [HERE](#) for full article.



Video highlight of South Carolina 4-H's Legislative Day.
Image Credit: Scott Miller, PSA communications



4-H *grows*
in South Carolina

We continue to grow here in South Carolina, proudly announcing another group of three new County 4-H Agents and one transfer!



Colleton – Dawn Stuckey

Dawn joined the Colleton and Hampton Extension Offices in June as the 4-H Agent. She is a graduate of Clemson University and worked as a middle school science teacher for over 20 years. Before signing on with Clemson, she worked as a STEM Coordinator in the Savannah Valley Region where she sponsored several school-based robotics teams and conducted coding workshops for teachers and students. Her daughter Ellie, recently graduated from the Governor's School for Science and Mathematics and plans to attend Clemson in the fall. She and her husband, Pete, live in Varnville, SC. Dawn can be reached at dstucke@clemson.edu or 843-549-2595.

Darlington – Leigh Walker

Leigh is not new to South Carolina 4-H. She is a Senior Extension Agent that has served Orangeburg and Calhoun Counties for a number of years. With a recent move, Leigh now serves as 4-H coordinator for Darlington County. She serves on the 4-H Leadership/Citizenship committee and the State 4-H Presentations committee. She is also a member of the South Carolina Association of Extension 4-H Agents. She can be reached at lawlkr@clemson.edu or 843-393-0484 ext. 116.



Dillon/Marlboro – Erika Owens

Erika Owens is the new 4-H agent for Dillon and Marlboro Counties. Erika is a graduate of South Carolina State University and the University of South Carolina. She loves shopping at farmer's markets and going to the beach with family. Erika is excited to serve as the 4-H agent for the counties and hopes that she can introduce new ideas about healthy living and agriculture education to community members. Erika can be reached at erikao@clemson.edu or 843-74-8218 ext. 112.



Fairfield – Jennifer Stevens

My name is Jennifer Stevens. My husband David and I moved to South Carolina 19 years ago after traveling throughout the US and overseas as a military family. I am the proud mother of two children and the grandmother of 6. I currently hold a Bachelor's Degree in Social Work from Morgan State University and a Master's Degree in Early Childhood Education from the University of South Carolina. I have worked in the areas of Early Childhood and Youth Development for over 25 years and am dedicated to the health, safety and well-being of children and families. Growing up on a rural farm in Virginia, 4-H was a very important part of my development. I look forward to having the opportunity to share the message of 4-H with others. My goal as a 4-H Extension Agent is to provide outstanding service to the children, families and communities of Fairfield County. I can be reached at jstvnsc@clemson.edu or 803-635-4722.



Garnet Squadron: After Action Report

Myrtle Beach Convention Center – Myrtle Beach, SC
March 3, 2016

By Billfred Leverette, 4-H Volunteer

FRC Team 4901 attended the Palmetto Regional last week, the first competition event of its 2016 campaign. Pit setup happened in record time, as the team's pit setup has become more or less identical to its shop setup at USC. Sandstorm III drew a lot of attention online for its mean look and strong shooting potential, but the team still had to work through a couple of repairs from late-night driving practice before the bagging deadline. Inspection was quick, with the robot more than 20 pounds under the weight limit and an early emphasis on sharp edge removal paying off.

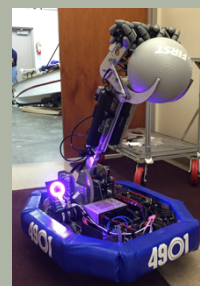
During the one practice match the team ran, the drivers made a mistake out of excitement and ran the claw headlong into a defense on the field, bending the mounting plate, and then throwing another drive chain. The claw mount was reinforced with additional aluminum, with repairs completed Thursday night. The team had found on Stop Build Day that some of their drivetrain half-links were breaking under regular driving, so more were ordered that night from a different supplier. A combination of the early date for Palmetto (on what is usually an off weekend for FIRST) and a runaround from UPS deprived the team of replacements, so the team borrowed some master links from other teams and worked on tensioners. An early fix failed on the practice field Thursday night late, and the team worked until pit closing to complete the repairs that require removing several rivets on the drive system. Friday morning, the team worked hard to finish repairs on the drive system,

ultimately sitting out the first qualification match. Even worse, the qualification rounds played out very differently than our strategy expected. While the team had designed a solid robot for scoring boulders in the goals and avoiding defending robots, the focus in qualification rounds skewed heavily towards crossing the tower defenses to breach them. This was a nightmare scenario for a drive system with a glass jaw, but the tensioners worked and Sandstorm III became a crowd pleaser by sailing over the shorter defenses and working in tandem with alliance partners for trickier ones with moving parts. The claw suffered one more run-in with the field defenses, leading to a change to 1/4" steel for the mounting plate for a robust (if heavy) solution. The robot kept working well, with the only failure coming in a replayed match when the team didn't get to change out the battery. The battery voltage dropped too low at the end of the second match, leaving it beached as the controller reset.

Our own early issues and some rough luck with partners getting beached led to a 3-5 record with two breaches scored, good for a 51st seed out of 64 teams. We received a lot of consideration from alliance captains for our defense-crossing skills and driving prowess despite our record, but the team was not selected for a playoffs alliance. The time Saturday afternoon during playoffs was spent working on maintenance and dismounting our arm so we could work on improving ball collection, our latching mechanism, and overall robustness in the shop between events.

Without a doubt, the highlight of the event was our driver Laney Patterson winning the Dean's List Finalist

Award, one of two awards given out at the tournament. Laney is one of our original team members, going back to our pre-rookie effort when we had just three girls recruited, and has led our awards efforts while being a tremendous advocate for the student experience on Garnet Squadron. Her win is the first judged award in team history, and this year is the first time a Columbia-area team has left the Palmetto Regional with a judged award



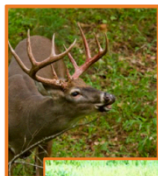
Members of Garnet Squadron get interviewed by WMBF, the NBC affiliate in Myrtle Beach.



Laney Patterson shows off her Dean's List Finalist Award, the first awarded to any student in the competition since 2010. Garnet Squadron competes next in the World's

South Carolina 4-H

wildlife food plot project



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W WANNAMAKER WILDLIFE
SERVING YOU SINCE 1936

This is a project for youth ages (5-19) to gain skills in food and cover establishment for wildlife animals and understand the principles of conservation biology.

Registration *deadline*: August 5, 2016
Cost: \$15 for 4-H Members, \$25 for non-4-H'ers

For more information, *visit*:

www.clemson.edu/extension/4h/project_areas/natural_resources/wildlife_food_plot/index.html
or contact your local 4-H Agent today!

Clemson University Cooperative Extension Service offers its programs to people of all ages, regardless of race, color, sex, religion, national origin, disability, political beliefs, sexual orientation, marital or family status and is an equal opportunity employer.

Upcoming Dates & Deadlines



6.15.2016

Applications due for SC 4-H Teen Council

6.26-7.2.2016

Pinckney Leadership Conference – Clemson

6.27.2016

Applications due for Presidential Inauguration

Registration deadline for State 4-H Congress

6.30.2016

Club Award applications due

7.5.2016

Deadline for early-bird registration for Jr. Beef Round-up

7.5-9.2016

Horsemanship Camp – Pendleton

7.13-16.2016

State 4-H Congress – Clemson

7.29.2016

Registration deadline for Ambassadors & Volunteer Leaders Symposium

7.31.2016

Late registration deadline for Jr. Beef Round-up

8.5.2016

Registration deadline for Wildlife Food Plot Project

8.5-7.2016

Jr. Beef Round-up – Pendleton

8.13.2016

Volunteer Leaders Symposium – Chapin
Ambassador Training – Chapin

4-H It's not a
Pastime
It's a
PASSION!
State 4-H Congress
July 13-16, 2016 ~ Cost \$250



Contact your local extension office for more details and to register.

4-H is the youth development program of the Cooperative Extension Service, a nationwide partnership of federal, state and county governments, and the private sector. The Clemson University Cooperative Extension Service offers its programs to people of all ages, regardless of race, color, sex, religion, national origin, disability, political beliefs, sexual orientation, marital or family status and is an equal opportunity employer.

Volunteer



Leaders Symposium

save-the-date

August 13, 2016

9am – 4pm

@

Center for Advanced Technical Studies
916 Mt. Vernon Church Road
Chapin, SC

Online registration opens June 24



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Special Opportunity!!!

For the *first time ever*, National 4-H presents **Citizenship Washington Focus:**

Presidential Inauguration



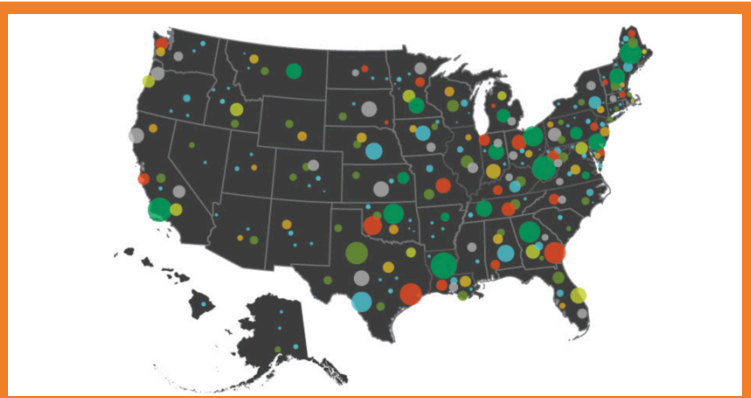
sessions *inauguration ball*
dance cruise *museums*
workshops *visit memorials*

A flyer is attached that explains how your 4-H'ers can be a part of the South Carolina 4-H delegation to see our 45th President of the United States get sworn into office and much more!

Are you a 4-H Alum?!

Help us and National 4-H know where our wonderful 4-H Alumni are! We want to know who you are and where you were involved in 4-H. Take a minute to click the link and input your information!

<http://www.4h.org/4Hgrowshere-alumni/>



"Helping my son grow up living the 4-H way has made me very proud. He's a strong, confident, knowledgeable young man who has an understanding of farm life, raising animals and being involved in our community."

**These are things that
video games can't teach."**

- Amanda Motes, **4-H Mom**

Thank you, 4-H volunteers, for all you do!

As always, we like to hear from you and how we can better enable you to work with youth. Also, if you would like share a success story or an innovative idea in this newsletter, please email taberp@clermson.edu.

Contact Us:

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gkirven@clermson.edu

Monthly 4-H Club Activity Idea *by Hope Morris, UPLC Intern, Clemson*

Heat Advisory!

Objective: To gain an appreciation for the severe threat that the sun can pose and how to prevent it from affecting human and animal health.

Age Range: All ages.

Hands-on Activity: Using sponges to demonstrate the effects of the sun, evaporation, and dehydration.

Life Skills: HEAD = problem solving;

HEART = concern for others, empathy;

HANDS = decision making;

HEALTH = personal safety, disease prevention, healthy lifestyle choices, responsibility.

Introduction

As the heat of summer approaches there are many things to take into consideration. We all want to enjoy the sun and many outdoor activities, but it is imperative that we monitor how much exposure we receive. It is important to know why the sun is a danger to our bodies. The longer you spend outside during the summer, the hotter your body will get. As our body temperature increases, we tend to sweat but due to the heat of the sun our sweat may only cool down our bodies for a short period of time before it evaporates. This cycle of sweat and dehydration is when things can get dangerous. The human body consists of 60% of water, but it only takes 2% loss of fluids to begin the signs of dehydration.

What is dehydration?

When our bodies lose fluids when we sweat or are extremely active we become dehydrated.

How can it be prevented?

Although it is often hard to do it, shortening the amount of direct sun you receive during the day is one of the best ways to limit fluid loss. However, if there is no avoiding being outside, wearing lighter colored clothes may reduce the sun's damaging effects. Constant hydration is also vital for fluid retention.

Warning signs of
dehydration

1. Noticeable thirst
2. Muscle Cramps
3. Weakness
4. Decreased performance
5. Nausea
6. Headache
7. Fatigue
8. Dizziness/Lightheadedness
9. Difficulty paying attention

Don't forget your animals!

As many 4-H'ers have project animals, it is extremely important to monitor their health as well. For example, as the old saying goes "You can lead a horse to water, but you can't make him drink", may not be the best motto for the summer. A horse's body contains 70% water, which makes hydration a large concern. Encourage 4-H'ers to know their animal's dietary needs and see to it that they are watered on a regular basis to ensure the animal stays hydrated.

Testing for dehydration

- Pinch test – when pinching an animal's skin, if the skin falls quickly, they are most likely hydrated. But if there is a delay in the skin falling or it fails to fall at all, dehydration has set in.
- Gum test – make sure the gums appear a healthy pinkish-red color. If gums are pale pink/white or when touched they slowly resume color the animal may be dehydrated.
- Breathing – delayed breathing or severe panting may indicate the animal needs water and runs a risk of becoming dehydrated if not properly taken care of.



www.thehorse.com

Hands-on Activity: How to

Heat Advisory

Materials Needed:

- 4 sponges (identical if possible)
- water
- liquid measuring device or scale
- ... and a hot, sunny day!!!



Step 1: Allow 4 sponges to soak up an equal amount of water.

Step 2: Decide on 4 locations where you would like to place the sponges to test variables affecting dehydration:

- direct sun outdoors
- shade outdoors
- direct sun indoors (window area)
- no direct sunlight indoors

Essentially you are testing the effect of sunlight with and without high outdoor temperature (and humidity) on the rate of dehydration.

Step 3: Let the sponges sit for a period of time. About 1 hour should be plenty.

Step 4: Collect the sponges and either weigh them or wring out as much water as possible from each sponge and use a liquid measuring device to estimate the volume of water that was remaining in the sponge.

Step 5: Discuss your results! Discuss how the locations you decided to test were affected the evaporation of water. The sponge that weighs the most or has the most water should represent the location where the least amount of evaporation occurred. Which one was it? Were there 2 that were similar? Did one have the most obvious water loss?

The sponges represent a person or an animal in the sun and the correlating effects that it has. The pores can represent the cells in our skin and our ability to retain and lose fluids. More tips to stay hydrated and healthy during the summer months can be found here: <http://www.cdc.gov/healthywater/drinking/nutrition/index.html>

	<i>Symptoms:</i>	<i>What you should do:</i>
<i>Heat</i> Exhaustion	<ul style="list-style-type: none"> • Heavy sweating • Weakness • Cold, pale, clammy skin • Fast, weak pulse • Nausea or vomiting • Fainting 	<ul style="list-style-type: none"> • Move to a cooler location • Lie down and loosen your clothing • Apply cool, wet cloths to as much of your body as possible • Sip water • If vomit, seek medical attention immediately
<i>Heat</i> Stroke	<ul style="list-style-type: none"> • High body temperature (>103°F) • Hot, red, dry or moist skin • Rapid and strong pulse • Possible unconsciousness 	<ul style="list-style-type: none"> • Call 911 immediately – this is an EMERGENCY • Move the person to a cooler environment • Reduce the person's body temperature with cool cloths or bath • Do NOT give fluids.

<http://www.cdc.gov/extremeheat/warning.html>



CITIZENSHIP
WASHINGTON
FOCUS



For the *first time ever*, National 4-H presents **Citizenship Washington Focus:**

Presidential Inauguration

Be a part of the South Carolina 4-H delegation to see our 45th President of the United States get sworn into office and much more!

sessions *Inauguration ball*
Dance cruise *museums*
workshops *visit memorials*



EVENT DETAILS

January 17-21, 2017 in Washington D.C. To be eligible, you must

- ☐ Be 14-19 years old as of January 1, 2017
- ☐ Attend the 2016 State 4-H Congress
- ☐ Apply!!! (*space is limited*)

cost: \$500



REQUIRED DOCUMENTS

- ☐ Application Form
- ☐ Letter of Recommendation (from Extension Agent, 4-H Volunteer, Teacher, or other Adult mentor)
- ☐ Statement of Intent

Explain why you want to attend, how will this experience benefit your 4-H career, and how will you share this experience with others (300 words max.)

- ☐ Resume (2 pages max, 12-point font with 1-inch margins)



SELECTION CRITERIA

- ☐ Meet eligibility requirements
- ☐ Have a proven record of 4-H involvement
- ☐ Show an interest in citizenship activities
- ☐ Have a proven record of leadership at the local, regional, and/or state levels



SEND APPLICATION

Ashley Burns
Phone: (404) 580-7984
taberp@clemson.edu

2057 Barre Hall
Clemson, SC 29634
Fax: (864) 656-7595

Deadline: June 27th

Candidates selected for this opportunity will be announced at the State 4-H Congress Banquet on July 15, 2016.
(Additional information and payment options will be provided to selected candidates at that time for review.)

Name: _____ Birth date: _____

Mailing Address: _____

City, State: _____ Zip: _____ County: _____

Phone: _____ Email: _____

Demographic information: (*please circle all that apply*)

Male

Female

American Indian/Alaskan Native

Native Hawaiian/Pacific Islander

Asian

Black/African American

White

Undetermined

Hispanic/Latino

Youth Signature: _____ Date: _____

Parent/Guardian Signature: _____ Date: _____

Clemson University Cooperative Extension Service offers its programs to people of all ages, regardless of race, color, gender, religion, national origin, disability, political beliefs, sexual orientation, marital or family status and is an equal opportunity employer.

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State 4-H Teen Council Candidate Guidelines

Regional Representative Candidates

- Will be introduced at the Opening Assembly.
 - Will lead an ice-breaker or teambuilding game of their own choosing at the regional meeting. (Individuals must plan and prepare this ahead of time; you will be in a classroom type of setting; expect about 20 people.)
 - Will give an assigned speech at the meeting.
 - May campaign only during regional meetings. Campaign rules (below) must be adhered to or risk forfeiture of the position.
-

Officer Candidates

- Will be introduced at the Opening Assembly.
 - Will prepare and give a campaign speech on Friday morning assembly (Speeches should clearly identify the position being sought, why the candidate is interested, and what skills the candidate can bring to the position. Speeches are not to exceed 5 minutes in length. If any visual aids are to be used, they must be approved by the Council Advisor prior to Friday.)
 - Are expected to campaign for their position. Campaign rules (below) must be adhered to or risk forfeiture of the position.
-

Campaign Rules

- Candidates must make sure that loose campaign materials are not left behind in any of the meeting rooms or auditoriums. (Usually policy of making sure all rooms are left neat and clean applies here.)
- Campaigning is not allowed in the dorms. (You may have one poster in each dorm)
- Campaigning is not allowed outdoors.
- Campaign materials may be taped or pinned to walls or doors.
- Posters may be displayed on an easel. You must provide your own easel.
- Items may be offered to participants. (buttons, pins, snacks, etc)
- Only youth may be involved in campaigning. Adults may help a candidate prepare but may not be involved in public promotion of a candidate to youth.
- Any campaign slogans or tactics that are disrespectful or disparaging of another candidate (or 4-H in general) by a candidate (or their campaign team) will result in automatic disqualification of the offending candidate.

**South Carolina 4-H Youth Development Program
State 4-H Teen Council Application**

Name _____ Region _____

Street _____ Town _____

State _____ Zip _____ County _____

Home Phone _____ Cell Phone _____

Email _____ Shirt Size _____

Date of Birth _____ Age _____ Entering Grade _____

Year(s) participating in:

_____ 4-H Project Work _____ 4-H Junior Leadership _____ 4-H Senior Leadership
_____ 4-H Ambassadors _____ State 4-H Congress

I am interested in the following position:

_____ Regional Representative _____ Legislative Liaison _____ Public Relations Coordinator
_____ Secretary _____ Vice President _____ President

The State 4-H Teen Council serves as the leadership team that plans, organizes and implements statewide teen initiatives and events. I will be an effective member of this leadership team because:

I understand the purpose, expectations and responsibilities of a State 4-H Teen Council Member and agree to fulfill those responsibilities if selected to serve.

Signature _____ Date _____

Send application and resume by June 15th to:

State 4-H Events Coordinator, 2054 Barre Hall, Clemson, SC 29634-0108 [fax: 864-656-7595].